

MRS. WILSON TAKES UP WAYS OF COOKING MEAT

Boiling Hard Spoils Meat, for the Long, Slow Cooking Gets More Nourishment Out of It—How to Boil Potatoes

By MRS. M. A. WILSON

Boiling, broiling, roasting and frying are the most common methods of cooking meat. The subject is vitally important to the housewife who realizes that the providing of food for the family is not merely placing three meals a day on the table in order to satisfy the family hunger. In this respect, the housewife seldom chooses to maintain the old-fashioned cook stove which uses coal as the means of obtaining heat. Rather, she prefers the gas and electric ranges.

In order to maintain a steady and even heat, whether it be in the pot simmering atop the stove or the meat in the oven, it all resolves itself into a matter of intensive study, that provides in preventing loss of food through failure of knowledge of the methods and the fact that the food have when under or over cooked on the general health.

Temperature is one of the most important elements in the preparation of food. The chemist today has discovered from his experiments that certain temperatures destroy certain elements in foods that we need.

To Boil This term is applied to the cooking of meats in water. Many believe that when the term boiling is used the food must jump actively around in the utensil and that the liquid in the utensil must be violently agitated.

This is a very great mistake. I really know of no meats and of few other foods that are benefited by this method. Boiled meat is meat spoiled. Certain parts in the food are certainly, though for normal, more nutritious than other parts. It is a well-known fact that those parts of muscles of the animal body which are exercised most freely, contain the most nutrition and that unfortunately they are the toughest.

Now, if this is true, and without a doubt it is, then those of us who wish to obtain the most nutritive value for our money should choose those meats that are tender and palatable. It is necessary to know that long, slow, moist cooking is the vehicle that we must use.

Let us, for our own interest, consider and question what is meant by moist cooking. The dressed carcass of a cow, killed under the supervision of the government, it contains, as its chief constituent, a substance for building and repair of the body.

Just whether primitive man ate his meat raw or nearly so, we have no direct way of knowing. In fact, from earliest history, it is shown that the primitive ways of cooking, either by roasting the meat on sticks which were held to the flame or by long, slow moist cooking.

Our earliest housewifery utensils were of clay, and because of their composition they must necessarily be used for slow processes, as the primitive housewife did not use the clay or earthenware utensils directly into the intense heat of the flames or fire. Rather, she kept them just on the edge of the fire, so that under their own weight the food, barely simmered and sizzled until tender.

Just to emphasize the important point of this vital knowledge, I will give you this little illustration. While visiting friends an invitation came to me to

Wooden Beads Do It All

Please Tell Me What to Do

By CYNTHIA

Respects "The Three Pals" Dear Cynthia—Just a admirer of your column, which I think is very interesting, and I wish you would please print a follow-up to "The Three Pals" (take pleasure in giving you my opinion of you about the "shimmy," I think any real man would greatly respect you if you danced to shimmy. I go to public dances, but all the young ladies I have danced with seem to like the shimmy, so I hope one day I might meet one of you at a dance. Stick to your knitting, Cynthia, as I advise you, for I am not a king, oh, no, only

VINCENT (21).

Send a self-addressed, stamped envelope to the editor of the Evening Public Ledger for an answer about the merchant marine.

Seconds the Motion Dear Cynthia—Just a line to let Carmen know that I second the motion as to Cynthia's Admirer's Club. I think it's a good idea, by the way, dear Cynthia, I'm going to take a girl to a dance, so you think it would be all right to take her in a taxi, as I've only known her a short while. DAN J. P. S.—Let us hear from you, Dan B. It's more polite to take a cab. Thank you for your kind wishes, but it does not seem to Cynthia that such a club would accomplish anything, for there could be no meetings nor real organization. If you want a notice about forty girls to such a club, please write to the Hope Club, Never Be Discouraged Club and let the club part be in spirit. The column is run to help others to keep up hope and not to be discouraged.

Join Church Society Dear Cynthia—I have a steady reader of your column for quite a while, but have never asked for advice, but will do so now, for indeed I need your advice very much. I'm a widow—alone in the world. I have a pretty good job which I do very well, but in the morning, now what I want to know is how will I get acquainted with some nice lady who is an athlete, good looking, or could I do some kind of light work in the afternoon with a couple of hours where I'll be in company with others so as I'll not feel so downhearted. I would like to know if I had a nice home one time, but lost it when my husband died. Dear Cynthia, you would be all right to help me, and, thinking you very much for whatever advice you may give me, I am, LONESTONE.

Do you go to church? Why not join one of the sewing societies or social work societies connected with it? Consult your pastor.

From Elinora, Ind. Dear Cynthia—I have been reading your column for some time, but have just now read it. I am a high school girl, still in my teens. I have been popular while in high school, and I am especially so with one particular boy. We've been the very best of friends for the last year, but I don't think a lot of each other. He doesn't yet, I am just wondering if I do you like to be a girl's receptionist, but not especially handsome. He can

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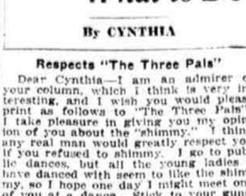
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WHAT'S WHAT BY HELEN DEWIE



After a formal dinner the men may remain at the table to smoke and chat while the women may adjourn for a feminine confab. Ages this brief separation has been the custom in Europe, where wine still circulates for the stimulation of post-prandial talk. In the "bone-dry" United States men and women leave the table together as often as not, either before or after the cigars and cigarettes are passed.

When the European custom as followed all the guests rise when the hostess does, and the men remain standing until the women have left the dining room, the host, or whichever man nearest the door holds it open for them. They have passed through, after which the men resume their seats. Their after-dinner "smoke" usually lasts not longer than fifteen minutes, at the end of which time the host rises and the guests follow his lead.

dance as well as the average, but is not a bad thing for a jealous nature. Particularly so of Buck, another friend of mine, who usually lasts for about ten or fifteen minutes. He takes you driving in his stutz bearcat, and he leaves the car for the real thing. I don't know what I like better. Luke tells me he won't go to college until I promise to be his sweetheart. I can't answer him now because I don't know if I will be his sweetheart. He says he will perhaps break it later to get him to go to college. He knows I never will be his sweetheart unless he does, and Buck is going away, so what shall I do? "PEACHEY."

Has a sweetheart only to the man you mean to marry? He won't do anything for you, wait until you're older. "Well, Lucy has them, and I don't see why I can't have them, Lucy's only five years older than I am—oh, I'll run away from home; every time I ask for anything you say no!"

Then follows one of those scenes which justify mother's statement that the punishment hurts her worse than the victim.

THOSE little girls who can't understand that mother's "no" used to descend upon sister Lucy quite as often as it now forbids them, make themselves very unhappy by brooding over their treatment.

They think that no one else was ever abused so terribly; they consider sister Lucy the most pampered, indulged, fortunate person in the world; they even go to dislike her, because she has so much that they want.

"That child ought to be taught that

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